



HEALTH & WELLNESS NEWSLETTER NOVEMBER 2019

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HIGHLIGHTS for the November 2019 Newsletter

Follow the Playbook for Healthy Holiday Eating

If you show up to the family dinner or office party without a plan, there's a good chance you'll eat more than you should. But it doesn't have to be that way. Here's the playbook for healthy holiday eating.

Take the One-Mile-a-Day Holiday Challenge

When Jeremy Piezoldt agreed to walk, jog, run or crawl one mile a day between Thanksgiving and New Year's, something unexpected happened. Want to stay active during the holidays? Here's a simple way to do it.

Y-Axis: Nutty Advice to Manage Your Weight

Looking for a simple way to keep your weight in check? This might sound a little nuts, but it works. Learn more.

Recipe: Roasted Sweet Potatoes with Pecans

How about some space food? Sweet potatoes are on the menu on the International Space Station. They're healthy and easy to make. Give this recipe a try.

Ask the Wellness Doctor

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: How can I eat healthier during the holidays?

Health Challenge

Take the month-long Health Challenge: Cook at Home: Prepare meals with healthy ingredients.

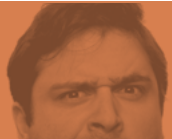
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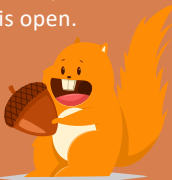
THE Y AXIS



Nutty Advice to Manage Your Weight

Did you know there's a nutty diet hack that can help prevent weight gain?

Forget fad diets, weight-loss pills, and gimmicky workouts. If you want to maintain your weight, or even lose a few pounds, crack this open.



New research shows that eating a small handful of nuts each day may help prevent 1 to 2 pounds of weight gain a year.¹ In the study, this habit also helped lower the risk for obesity by 16 percent.

Craving a snack? Skip the chips and candy bars, and go nuts. Try walnuts, peanuts, cashews, almonds, or pistachios.

COMMENTS?

Send comments to the editor: well@wellsources.com

A Tasty Space Food for Thanksgiving

Sweet potatoes: Rich source of vitamins and nutrients

When U.S. astronaut Christina Koch wakes up on Thanksgiving Day, she'll have a special treat to remind her of home. And it's not the view of Earth 254 miles away from the International Space Station.

There's a space-age holiday meal on the menu. Koch will eat turkey, stuffing, spicy pound cake, and the official vegetable of her home state of North Carolina...sweet potatoes. There's plenty for her to share with the others on the space station.

Fun facts: Farmers in North Carolina grow half of all sweet potatoes in the United States every year. That's about 212 billion tubers. Sweet potatoes have sweet, orange flesh. And most people eat just 5.2 pounds of sweet potatoes a year. That's not a lot.

Discover the health benefits of sweet potatoes

Fixing sweet potatoes for the holiday? You should. But skip the toasted marshmallows and syrup.

MORE

Try these sweet potato recipes tinyurl.com/9k3cwre

This root vegetable is low in calories and is loaded with:²

- **Potassium**, which helps regulate blood pressure and supports muscle strength.
- **Vitamin A**, which keeps your eyes, skin, teeth, and bones healthy.
- **Fiber**. In fact, a serving of sweet potatoes with the skin has more fiber than a serving of oatmeal.
- **Vitamin C and iron** to support the immune system
- **Antioxidants** that may help reduce cholesterol and lower the risk of heart disease.³

You may not have the same view as Koch this holiday season. But you can still celebrate with healthy foods like fruits, vegetables, whole grains, nuts and seeds, legumes...and sweet potatoes. #

Follow the Playbook for Healthy Holiday Eating

4 moves to avoid the holiday-meal hurt

It's no secret that Thanksgiving Day is best known for two things. Food and football. Ask any armchair quarterback, and they'll tell you every team has a game plan to run the ball, tackle, and score touchdowns.

And you should too, when it comes to those big meals between now and New Year's. If you don't, you just might feel the hurt when you step on the scale.⁴

So get your game face on. You need to be ready to stare down that holiday buffet table loaded with piles of food, drinks, and desserts. Try to tow it, and you run the risk of a penalty when you weigh in. Here's the playbook to take control of your diet this holiday season.



Play #1. Keep tabs on daily calories. Find out how many calories you should be eating per day with the [Choose My Plate](#) calculator. Track your calories with a mobile app or food journal. Use your daily calorie goal to help you decide what to eat.

Play #2. Eat light earlier in the day. When you know you're headed to a big meal later in the day, cut back on calories before you go. Eat light. Choose a green salad, soup, or fruits and vegetables. Then when the dinner bell rings, and it's game on, you won't be as hungry

Play #3. Go for small portions of everything. Unless you plan to burn as many calories as a pro-football wide receiver in a tough game, forget about piling a mountain of food on your plate.



RECIPE

Roasted Sweet Potatoes with Pecans

Be like an astronaut. Eat sweet potatoes! They're good any day—not just holidays. Give this recipe a try:

Ingredients

- 4 sweet potatoes, cut into chunks with skin
- 2 T olive oil
- ¼ C toasted pecans, coarsely chopped
- Salt (optional) and pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Toss the sweet potatoes with olive oil, salt and pepper, and place in a baking dish.
3. Roast for 10 minutes. Stir, then remove from oven. Turn the sweet potatoes so that they will brown evenly.
4. Return sweet potatoes to oven. Roast until fork tender, about another 10 minutes.
5. Remove sweet potatoes from oven. Toss with the pecans. Return to oven. Roast 7 to 10 minutes.
6. Remove sweet potatoes, and serve immediately.

Serves 4. 220 calories per serving.

Take the One-Mile-a-Day Holiday Challenge

Walk, jog, or run one mile a day until New Year's



Walk, jog, or run one mile a day from Thanksgiving to New Year's. Sound crazy? That's the challenge a group of friends gave Oregon resident Jeremy Piezoldt. And it seemed simple enough for the computer engineer, city council member, and dad of three kids.

Walk this way for better health

Do you find time to exercise daily? Even walking for 15 to 30 minutes counts. At a brisk walking pace, an adult will burn about 70 to 100 calories per mile. You'll burn even more if you jog or run.

5 surprising benefits of walking tinyurl.com/ycqzxlvn

It's a great way to strengthen your heart, lungs, and muscles and manage your weight. But only half of all adults in the U.S. get enough aerobic exercise.⁵ How active are you every day?

The power of a daily-exercise routine Piezoldt laced up his running shoes and got started. One mile a day, every day, from Thanksgiving to New Year's. On bad-weather days, he wore rain gear and warm clothes or walked on a treadmill, including weekends and vacations. He even refused to let a cold or crazy schedule get in the way.

And he didn't stop. Today's he's logged at least one mile a day for more than 1,000 days straight. He's healthier and happier. He's encouraged other people to move more and sit less along the way. And he doesn't have any plans of stopping.

Try it. Walk, jog, or run one mile a day until New Year's. You may feel so much better that you'll just keep going. And that's good for your health. #

Follow the Playbook for Healthy Holiday Eating (continued from page 1)

Instead, dish up a small sample of everything. Avoid or limit alcohol and sugary drinks. Take time to chew your food. Enjoy the conversation around the table. You'll eat fewer calories and avoid overeating.

MORE

12 ways to eat healthier during the holidays tinyurl.com/ycropdj3

Play #4. Hustle away after eating. After the meal is over, plan to take a walk and exercise to burn off a few of those extra calories. You might even organize a friendly game of football.

Tackle the holiday meal like this, and you'll feel better, be healthier, and start the New Year on the right foot. #

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Take the November Health Challenge!

[Cook at Home: Prepare meals with healthy ingredients](#)

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

[How can I eat healthier during the holidays?](#)



WELLNESS CHALLENGE

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Cook at Home

CHALLENGE

Prepare meals with healthy ingredients

How much do you know about cooking at home with healthy ingredients? Take the quiz to find out:

T F

1. To use less salt, you can season foods with more herbs and spices and still enjoy good flavor.
2. Applesauce works well in place of butter, margarine, oil, or shortening.
3. When a recipe calls for white flour, you can swap at least half of it for whole-grain flour to make the recipe healthier.
4. Mashed bananas, pureed dates, or applesauce should never be used in place of sugar.
5. You can replace sour cream or whole milk in a recipe with low-fat plain yogurt, soymilk, or even pureed vegetables.



How did you do? If you missed a few, you could benefit from learning more about how to cook healthy foods at home. Frozen pizza and microwave meals don't count. Cook at home with healthier ingredients. For example, mashed bananas, pureed dates, or sugar-free applesauce are good substitutes to sweeten food in place of sugar. In many cases, small changes to a recipe can make it healthier without sacrificing taste. In fact, you don't have to use as much sugar, salt, or high-fat ingredients called for in most recipes.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

Requirements to complete this HEALTH CHALLENGE™

1. Read "Cook at Home."
2. Create a plan to prepare healthy meals at home.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Kansas resident Kelli Poles played college basketball, she felt unstoppable. She played hard. She trained with her team every day. She exercised in the gym. And her diet was always healthy.

But when an injury sent her to the sidelines, Kelli felt defeated. She quit training. She ate a lot of burgers, fries, soda, and other junk food. Pretty soon, her diet was her toughest opponent. When she tipped the scale at more than 100 pounds overweight, Kelli decided it was time to make a change.

With a little help, she learned to make healthier food at home. She skipped the drive-thru for more plant-based foods like fruits, vegetables, whole grains, nuts and seeds, and legumes. And she lost 123 pounds in a year.

When you learn to eat better and choose the right foods, it can have a positive impact on your overall health. Take the month-long health challenge to Cook at Home with healthy ingredients.

Eat This, Not That to Live Longer

People who have healthy habits—like making smart food choices—live 12 to 14 years longer than those who don't.¹ Taking a closer look at what you're eating can be a good measure of your overall health.

Anyone can cook at home more often and eat healthier.

Here's some food for thought the next time you whip up a recipe. Recipes that call for things like butter or shortening, heavy cream, whole milk, cups of sugar, added salt, or white flour aren't all that healthy. Why?

These things are higher in calories, fat, sodium, and sugar. And they can harm your health.

It's tough to eat healthy all the time if you get your meals from a package, fast food restaurant, or the nearest quickie mart. But it doesn't have to be that way. When you know what to do, you can cook healthy meals at home.

Cook at Home: 8 Tips to Make Healthier Meals

Ready to cook healthier meals at home? You don't have to be a master chef or nutrition expert. But you should know a few things about healthy food choices and ingredients to improve your diet. Here are 8 tips to make healthier meals at home:



1. Eat more fruits and veggies

It's the easiest way to eat better and cook healthier food at home. Only 9 percent of adults eat enough vegetables, according to recent data from the Centers for Disease Control and Prevention. And fruit isn't much better. Just 12 percent of adults eat the daily recommended amount of fruit.² But fruits and veggies are easy to fix. They can be eaten fresh, frozen, or steamed.

6 benefits
of cooking at
home
[tinyurl.com/
y2gn2wgg](https://tinyurl.com/y2gn2wgg)

meal without it, or at least using fewer eggs. Most recipes turn out just fine using only the egg whites. Substitute $\frac{1}{4}$ cup water for each egg. A cholesterol-free egg-substitute also works well.

6. Heap on the herbs and spices



It's best to eat no more than 1,500 mg of sodium (salt) per day. Yet most adults consume 3,500 mg or more a day. Salt does help bring out the flavor in foods.

But there's a healthier option. Use a variety of herbs and spices in place of salt. Try basil, dill weed, garlic, thyme, or chili pepper.

7. Sweeten recipes without sugar



Lots of recipes call for large amounts of sugar...desserts, cookies, pies. Sugar is high in calories. And too much of it can lead to a host of health problems. Cook healthier food at home with a natural sweetener. Use applesauce, mashed bananas, or pureed dates to sweeten a recipe. Honey or agave also work in place of sugar.

8. Mix white flour with whole-grain flour



Take a look at most recipes for baked goods, and you'll see white flour on the list of ingredients. Sure, it's made from grain. But in the refining process, the bran and germ are stripped away. That's where the nutrients are! To put some of them back in your recipes, replace half of the white flour with whole-wheat or other whole-grain flour.

Cooking healthy meals at home doesn't have to be hard. Eat more fruits, vegetables, whole grains, nuts and seeds, and legumes, and use healthy ingredients. You'll improve your diet and your health.



2. Choose the less milky way

Many recipes for breads, muffins, gravy, and desserts call for whole milk. But it's high in calories and fat. Skip the whole milk, and use fat-free or soymilk instead.

67 substitutes
to cook
healthier meals
[tinyurl.com/
onuvxc8](https://tinyurl.com/onuvxc8)

3. Skip heavy cream

Like whole milk, it's loaded with saturated fat and calories. There's a healthier option. Use evaporated skim milk or a blend of low-fat yogurt and low-fat cottage cheese. Your soups, potato casserole, biscuits, white sauce, and desserts will be just as tasty!



4. Go fat-free

Put down the spoon and step away from the sour cream. There's a healthier swap for baked potatoes, taco dip, soups, pastries, and some salad dressings. Use fat-free sour cream or fat-free yogurt. If your recipe calls for cream cheese, fat-free or soy-based options are healthier.

Create
a grocery
game plan
[tinyurl.com/
yxpkat9o](https://tinyurl.com/yxpkat9o)



5. Eat eggs, sans yolk

If you like eggs scrambled, sunny-side up, deviled, or added to a recipe, here's what you need to know. They're high in cholesterol and calories. But that's mainly from the yolk. You can cook a healthier

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Cook at Home

CHALLENGE
Prepare meals with healthy ingredients

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Create your own plan to cook healthy meals at home more often.
3. Use the calendar to record your actions and choices to cook healthy meals at home. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I prepared healthy meals at home
 _____ Number of days this month I was physically active for at least 30 minutes



Other wellness projects completed this month:

Name _____ Date _____

ASK THE DOCTOR

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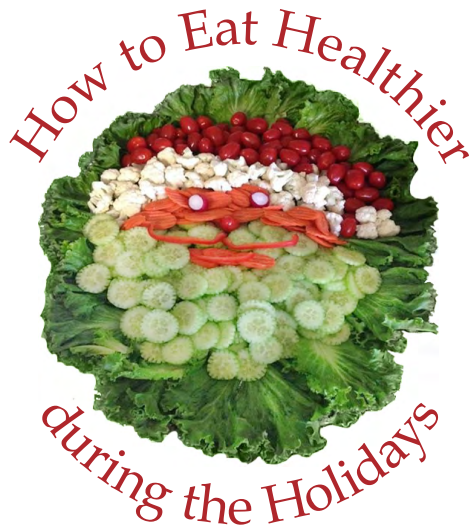
Q. How can I eat healthier during the holidays?

A. It's about to begin. You know...the next couple of months packed with more parties, treats, and dining out than usual. It's the holiday season.

If you're not paying attention to what you eat, it's all too easy to gain weight between now and New Year's. In fact, a recent study found that the average adult gains 1 to 2 pounds during the holiday season.¹

That might not sound like a lot. But gaining a little weight every year can put your health at risk. It's one reason about 72 percent of adults are overweight or obese.² Here are some ways to eat healthier and manage your weight during the holidays:

- 1. Step on the scale.** It's a great place to start. Weigh yourself before the holidays begin. Set a goal to maintain instead of gain. A recent study found that a daily weigh-in can help you maintain your weight or even lose a few pounds during the holidays.³ When you weigh yourself daily, you're more likely to be mindful of your food choices.
- 2. Drink more water.** It's zero calories. The other drinks at the holiday party aren't. A single glass of eggnog is 300 to 500 calories. Fruit punch and soft drinks have 115 to 150. A classic alcoholic drink, 150 to 225. Your body needs water to stay hydrated and support digestion, brain function, movement, and more. Avoid or limit other kinds of drinks.



3. Focus on fruits and vegetables.

You're at the holiday buffet or party table...what should you do? Fill your plate with fruits and vegetables first. They're nutrient dense and lower in calories than desserts and dishes made with sugar, cream, or sauces. If you're asked to bring some food to the holiday party, skip the cookies and treats. Instead, bring fresh fruit or vegetables with hummus.

4. Cook healthy food at home.

You could go out to eat with family and friends to celebrate. But you're more likely to overeat. A survey of 364 different restaurant meals found that the average dining-out meal contains 1,500 calories.⁴ Add drinks, appetizers, and desserts, and one meal contains more calories than most adults need in a day.

Instead, cook healthy food and meals at home more often during the holidays. Your menu should include foods like fruits, vegetables, whole-grain bread or pasta, nuts and seeds, and legumes.

ASK THE Wellness DOCTOR

5. Keep track of what you eat

during the holidays with your smart phone. Food diary or calorie-counter mobile apps make it easy to set a daily calorie goal and keep track of what you eat. Research shows you're more likely to make better food choices, maintain your weight, or even lose weight, when you do this.⁵

For most people and cultures, celebrating the holidays includes eating good food. You should enjoy it, but not overdo it. Start the holidays with a plan to make better food choices and stick to it. You feel better, be healthier, and have another reason to celebrate.

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Veggie Santa designed by Shari Ferrier, Wellsource Executive Assistant

STAYIN' ALIVE

Talking about safety isn't enough.



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